

Dr. Jason Ong is in his second of a two-year post-doctoral research fellowship and a recipient of a National Research Service Award (T32, PI Schatzberg). He applied for this fellowship with a clear goal of preparing himself to launch an academic research career focused on improving outcome of non-pharmacological interventions for insomnia. Since his arrival in September 2004 we have been meeting weekly to discuss his training and career path, with the goal of helping him formulate his short and long terms goals. Of the many ideas we discussed, Jason chose to focus on targeting the cognitive and emotional arousal that is associated with insomnia by integrating mindfulness based stress management techniques with the existing empirically supported cognitive behavioral therapy for insomnia (CBTI). Using my guidance, and with input from other Stanford faculty, Jason submitted a K-award grant proposal to NIH, which outlines his research and training plan.

There are many opportunities for Jason to interact with Stanford faculty who can help guide his career development. He meets with me for two hours weekly to discuss his research. He attends a weekly seminar led by Professor Helena Kraemer on research methodology and biostatistics, a weekly Behavioral Medicine research meeting, where several faculty members attend and present their work. He also attends a weekly seminar with Professors Stewart Agras and Alan Schatzburg for NIMH research fellows where trainees present their work and receive feedback about their projects. Other seminars that contribute to his development as a clinical researcher include seminars on ethics, psychopathology, and sleep disorders.

I have been guiding Jason through all stages of his on going pilot study, from conception, through submission of the finalized protocol to the IRB, to the execution of the study. We have been discussing research methodology and issues related to research with human subjects (e.g., methods of recruitment, sensitivity to gender and minority, compliance with treatment, and retention of participants). In addition, Jason has access to a clinical research database for exploratory analyses on the role of cognitive arousal in the presentation of insomnia and in response to CBTI. He has already results in two scientific meetings. We are now preparing 2 manuscripts based on these data, for one of which he is the lead author. These activities have provided an opportunity for training in statistical analyses, interpretations of the results, and manuscript preparation. I will continue to provide scheduled supervision and I am always available for additional consultations, as needed.

Through the didactic series and my mentoring Jason will continue to learn how to conduct clinical research. He will learn what we can and what we cannot conclude from a pilot study and how to solve problems associated with evaluating treatment outcome in a subsequent study. Specifically, we will continue to discuss the selection of an adequate control for his specific research questions and the design of a study that remains focused on his main aim and minimizes the burden to patients. We will also continue our discussions of methods for monitoring the scientific integrity of the study, how to improve the quality of the data and minimize missing data, and how to select to appropriate analysis strategies.

Jason is able to consult with other members of the faculty, as needed. Dr. James Gross, PhD from the Psychology Department will provide consultation and guidance on issues related to psychophysiological measures of arousal. Dr. Shapiro, PhD from Santa Clara University (located approximately 20 miles from the Stanford Campus) provides

consultation on issues related to MBSR. Other training resources include the didactic series described above, a journal club focused on sleep disorders, and weekly lectures by local and visiting experts on sleep research.